

1       **1.** An exercise device comprising:  
2           a frame including a substantially longitudinal portion;  
3           a base adapted for linear motion and supported by said substantially longitudinal portion of said  
4           frame;  
5           a multi-position lock mounted to said frame, said lock enabling a plurality of secure angular  
6           orientations relative to said frame;  
7           a bar adapted to couple to said multi-position lock; and  
8           a head portion pivotally mounted to said frame and including a spring releasably coupled to said  
9           frame thereby, when engaged said spring allows resistance to movement of said head  
10          portion.

1       **2.** The exercise device as in claim 1, wherein said longitudinal portion of said frame and  
2           said base adapted for linear motion are in combination comprised of a male and a female tube  
3           that telescope relative to one another.

1       **3.** The exercise device as in claim 1, wherein said multi-position lock is comprised of a first  
2           portion releasably secured to a second portion, the first portion mounted to said frame and said  
3           second portion adapted to receive said bar.

1       **4.** The exercise device as in claim 1, wherein said bar is further comprised of a free end, a  
2           handle and a flexible portion.

1       5.     The exercise device as in claim 4, wherein said flexible portion is comprised of a coil  
2            spring that is mounted between said free end and said handle.

1       6.     The exercise device as in claim 1, wherein said head portion includes a head frame  
2            mounted to a head support, said head frame mounted to said spring.

1       7.     The exercise device as in claim 6, wherein said spring is comprised of a torsion spring.

1       8.     The exercise device as in claim 1, wherein said spring is releasably coupled to said frame  
2            by way of a locking pin and a spring ear.

1       9.     The exercise device as in claim 8, wherein said locking pin is movably mounted to said  
2            frame and said spring ear is mounted to said spring.

1       10.    The exercise device as in claim 1, wherein said base includes at least one wheel capable  
2            of articulation on a supportive surface.

1       11.    An exercise device comprising:  
2            a frame;  
3            a base adapted for linear motion and supported by said frame;  
4            a multi-position lock mounted to said frame, said lock enabling a plurality of secure angular  
5            orientations relative to said frame;

6       a bar adapted to couple to said multi-position lock; and  
7       a head portion pivotally mounted to said frame and including a spring releasably coupled to said  
8       frame thereby, when engaged said spring allows resistance to movement of said head  
9       portion.

1       **12.**      The exercise device as in claim 11, wherein said frame and said base adapted for linear  
2       motion in combination are comprised of a male and a female tube that telescope relative to one  
3       another.

1       **13.**      The exercise device as in claim 11, wherein said multi-position lock is comprised of a  
2       first portion releasably secured to a second portion, the first portion mounted to said frame and  
3       said second portion adapted to receive said bar.

1       **14.**      The exercise device as in claim 11, wherein said bar is further comprised of a free end, a  
2       handle and a flexible portion.

1       **15.**      The exercise device as in claim 14, wherein said flexible portion is comprised of a coil  
2       spring that is mounted between said free end and said handle.

1       **16.**      The exercise device as in claim 11, wherein said head portion includes a head frame  
2       mounted to a head support, said head frame mounted to said spring.

1       **17.**     The exercise device as in claim 16, wherein said spring is comprised of a torsion spring.

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2       **18.**     The exercise device as in claim 11, wherein said spring is releasably coupled to said  
frame by way of a locking pin and a spring ear.

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2       **19.**     The exercise device as in claim 18, wherein said locking pin is movably mounted to said  
frame and said spring ear is mounted to said spring.

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2       **20.**     The exercise device as in claim 11, wherein said base includes at least one wheel capable  
of articulation on a supportive surface.